

NEW BERNAL JOURNAL

APRIL—MAY 1988



VOLUME 25, No. 2

Come to the Congress!

Saturday, April 23
9:00 a.m. (till 1:00 p.m.)
at the Paul Revere School
(at Banks and Tompkins)

Take an active role in neighborhood concerns! Become a voting member! Think about becoming a Board member! Participate in the Community Congress!

Information 648-0330

For babysitting, call 648-0330 before April 19 to make a reservation.

A Congress for everyone

Bernal Hispanics Prepare for Congress



In preparation for the Community Congress on April 23, The Bernal Heights Community Foundation (BHCF) conducted a survey with Bernal Hispanic residents to gather their concerns and to help prioritize resolutions to be proposed at the Congress. These are many of the concerns voiced at the March 20 planning session, which was led by BHCF Board and staff members.

Families who have lived here many years and have saved find themselves unable to afford a house in Bernal. Rents are continually going up, and many persons are living in poor conditions and are unable to afford something better.

Persons needing jobs and others with concerns on immigration, childcare, and youth, would like help in seeking solutions. Most services for Hispanics are located in the heart of the Mission District. Survey respondents feel that the BHCF should begin to provide some specific support to this ethnic group.

What major problem are you and your family facing today?

Maria Ramirez, bank clerk, 8 years in Bernal: I had to move last month. We want to buy a home in Bernal. \$125,000 is the most we can afford, so we had to leave Bernal.



José Benitez, watchmaker, 6 years in Bernal: My biggest problem is finding a larger place to live. Rent is so high we can only afford a studio apartment.



Anna Leiva, secretary, 22 years in Bernal: I'd like the BHCF to put me in contact with other single parents or other parents with childcare problems, and help us seek solutions. I'm submitting a resolution to be voted on by the Congress.



Jaquine Andaluz, part-time accountant, 6 years in Bernal: Answers to immigration questions are still hard to find. We need someone in the community that speaks Spanish to help us with our many questions. I'm writing a resolution for the Congress about this.



Very special thanks to
Vanguard Public Foundation
for their \$4,000 grant to the Bernal
Journal Youth Project of the Bernal
Heights Community Foundation.
We'll make you proud!

¡Venga al Congreso!

Todos en Bernal deben de participar en las actividades de la comunidad. Hagase miembro votante. Plense en hacerse miembro de la junta. Venga al Congreso de la Comunidad!

Habrà Interpretación para hispanoparlantes.

Para cuidado de niños llame al teléfono 648-0330 y haga su reservación antes del 19 de abril.

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NEW BERNAL JOURNAL

515 Cortland Avenue,
(phone 648-0330)

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

The next meeting of the *New Bernal Journal* Advisory Board is April 18.

Deadline for articles and ads for the June-July issue is:

MAY 1

All manuscripts must be typed, double-spaced, or arrangements can be made to enter them directly into the computer. We reserve the right to edit for clarity or space.

Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers:

Youth Project Coordinator: Gail Corbitt

Managing Editor: Barbara Bagot

Youth Page Editor: Monifa Quarels

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Distribution: Diane Ross, Steve Antonaros, Mike Noon, and a cast of hundreds!

Advertising: Gail Corbitt, Karen Rivas, Gerald Whitehead

Photography: Sister Janet Simons

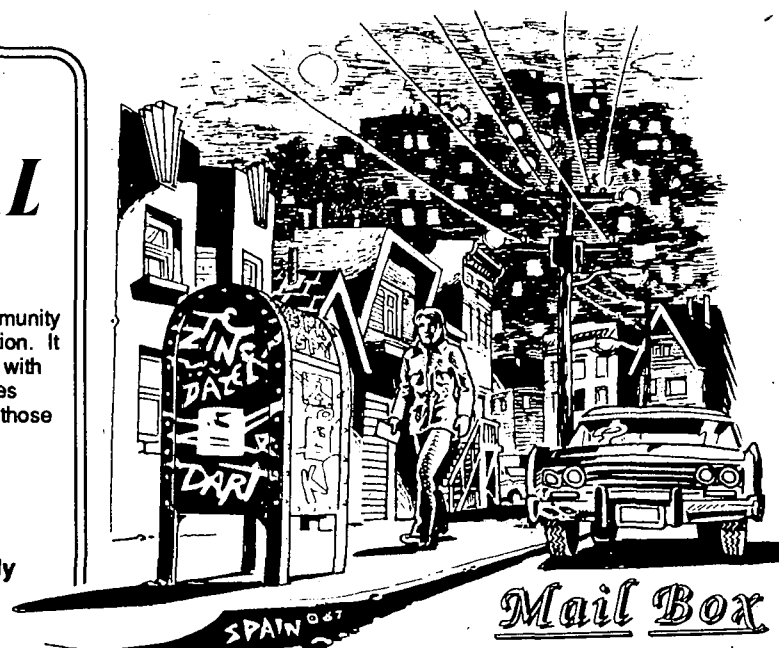
New Bernal Journal Advisory Board:

Karen Rivas, Jessie Alvarez, Tom Fell, Monifa Quarels, Cathy Bremer, Paulette Lincoln, Jerry Powell, Peggy Turnipseed, Nicole Myers, Lisa Steadman, Bill Sorro, Donald Pipkins, Warren Hinckle

Advertising: **648-0330**

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Dear Monifa (Youth Page Editor):

Your picture and article in the *Bernal Journal* (February/March 1988, "A High School Where Everybody is Somebody") were both beautiful. Thank you for the kind words about me in your article and you are so right. Phillip and Sala Burton Academic High School is a great school, all because of students like you.

Sincerely,

(Mrs.) F. B. Howell
Principal

Bernal's own heads Senior Program



The new Senior Program Administrator, Vicki Victoria, has been a Bernal Heights resident for 15 years. "Being a part of St. Kevin's Youth Program was a very positive influence for me. I liked what St. Kevin's did for Bernal Heights and it inspired me to go into community work. This job is a part of my neighborhood and I want it to be a better place to live."

Vicki is a graduate of Lowell High School and the University of Santa Cruz, where she earned a degree in fine arts. It is obvious that her creative abilities have already become an asset to the program. Attendance for the senior program has increased by 20% in the three months Vicki has been the Senior Program Administrator.

Asked about her goals, Vicki mentioned increased activities that are educational as well as recreational. She is also eager to increase membership, especially from the other side of the hill. New ideas are always welcome as are volunteers of all ages. To learn more about the senior program call Vicki at 648-0330 between 9:00 a.m. and 4:00 p.m..

An "always there when you need him" award goes to Mike Noon from the *Bernal Journal*. Thank for your ongoing support, Mike!

Survey Results

By Monifa Quarels

Thanks to all of you who answered our questionnaire in the last issue! It will help so much in the process of putting out future issues.

We were really happy to see that 90% of the 31 surveys we received said that the paper is very good.

It's great that most of these people have been getting the paper delivered to their homes every other month. Our target is to have one person per block distributing the *BJ*. And we need your help to do that!

Thank you for all of your suggestions on story ideas. We will continue putting articles in the paper on youth, local personalities and community interests. We love your suggestion for Bernal Heights history. Sorry we can't do local "late-breaking" news, but we are not a daily paper.

We are sad that not many people can help us on the paper and not many people want to distribute the paper. This is probably due to the fact that a majority of the surveys were answered by senior citizens.

People gave us great comments and many new ideas but most of all, you love the paper! Please keep sending us your comments!

A new inspiration for Bernal youth




As the new Youth Services Project Coordinator for the *Bernal Journal* Youth Project, Gail Corbitt is recruiting and supervising youth and helping them learn job skills—in addition to increasing advertising and seeking new sources of funding. Gail is dedicated to keeping youth involved in every step of production of the *New Bernal Journal*—and they'll learn while they're at it!

Gail, who has a degree in management, brings many talents to the youth project. She has more than 10 years supervisory experience including three years working with low-income and minority students.


She has been a dedicated neighborhood activist for many years. While living in Dallas she was a board member of Vickery Place Neighborhood Association and served as its elected representative to the Dallas Homeowners League, the umbrella organization that represents all neighborhood groups. Her special interest in those organizations was working with neighbors and the city government to help preserve affordable, low-income housing.

A Bernal Heights resident for two years, Gail has demonstrated her "take charge" skills by developing the St. Kevin's SHARE bulk food-buying program, for which she serves as Coordinator.

Special thanks to our
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Network for the first issue of
our twenty-fifth year
(February-March 1988)!



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Information call 648-0330

Alemany youth in action:

Most Valuable People



Representatives from SKY and BHCF lead first teen meeting at Alemany: (l to r) Amy Love, Jerry Powell, Alex Torres, Monica Portillo, Monique Togonon

by Buck Bagot

photo by Buck Bagot

On Saturday, March 12, a group of teenage leaders from the Alemany Public Housing Project banded together to launch an organization for youth called *Alemany MVP*, or *Most Valuable People*. The teen founders of the group are: Kim King, Danitra Sampson, Sharita Thomas, Daesha Smith, Dana Sampson, Lekita Butler, and Dachey Sampson. Adults Alonzo Fluker, Jerry Powell, Amy Love, Earl Chase, and Buck Bagot are working with the teenagers.

In addition to establishing the group, other decisions were made to try to involve more Alemany teens in MVP and to work to raise money for a trip to Great America on Memorial Day Weekend. They held a successful bake sale on March 19, raising \$53.

Earl agreed to be the adult treasurer and keep track of the money raised. MVP teens will eventually elect their own officers to share this responsibility.

A JOINT EFFORT

MVP grew out of several other organizing efforts in Bernal. In the spring of 1987, the Bernal Agnos for Mayor precinct operation was set up by community volunteers from the twenty Bernal precincts. They—along with members of the St. Kevin's Youth (SKY) program and the Bernal Heights Community Foundation (BHCF)—joined forces with the Latino and Filipino Voter Registration Projects. During these registration drives, they met a number of residents in the two public housing projects on Bernal, including Georgia Willette, from the Alemany Projects, and Olivia Dildy, President of the Holly Park Tenants Association and Vice President of the citywide Public Housing Tenants Organization (See *New Bernal Journal*, December 1987). Alemany and Holly Court residents wanted to work with the BHCF to organize for better

(continued on page 6)

3

Clean up your act!

The Neighborhood Cleanup Project will begin in Bernal Heights in April. This project is a joint effort between the Department of Public Works and the City Scavenger Companies. It is an effort to reduce litter and illegal dumping throughout the city.

THREE TO FIVE DAYS PRIOR TO YOUR PICK UP DATE YOU WILL RECEIVE A YELLOW FLYER ON YOUR DOOR. YOUR FLYER WILL BE STAMPED WITH THE DATE OF YOUR FREE PICK UP.

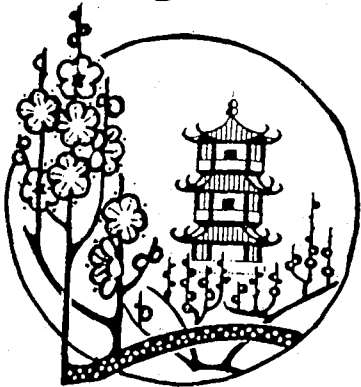
The only items that cannot be accepted are flammable materials and hazardous waste such as paints, thinners, solvents, pesticides, herbicides, acids, cleaners, batteries, motor oil and products labeled toxic, corrosive or flammable. To safely dispose of these items please telephone 554-4333 for more information.

Put your discarded items at the curbside on the date on the flyer. All loose items must be tied, bagged or bundled. Litter laws will be enforced and violators cited. This is your opportunity to get rid of the following items at no charge: furniture such as chairs, sofas and mattresses; appliances such as washers and dryers, refrigerators, water heaters, stoves (doors must be removed from all appliances); tree branches and scrap lumber.

For additional information please contact the Bureau of Street Cleaning Neighborhood Cleanup Project at 2323 Army Street or call 695-2022 from 7:30 a.m. to 4:30 p.m.

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Bernal Profile

Bernal's Own Olympian

by Amy Love

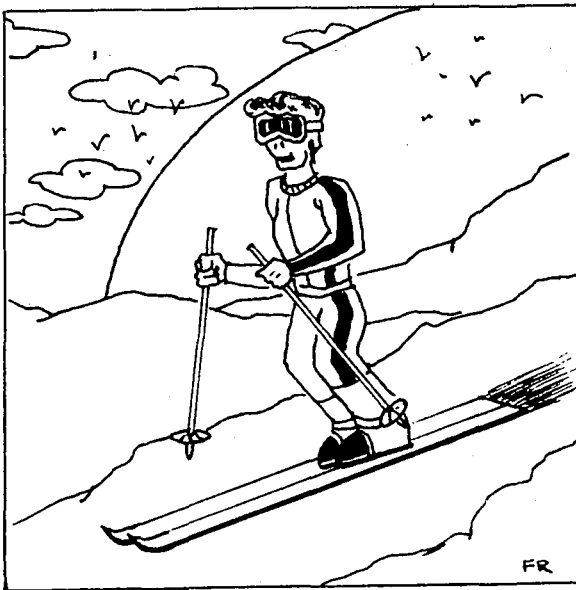
For Julian Munoz, the best part of the Olympics was not placing 68 of 100 in the giant slalom, ahead of some of the world's best skiers. Nor was it carrying the Costa Rican flag in the closing ceremonies. No, for this Bernal resident, the best part was the friendship among the athletes, spectators and their Calgary hosts. "It didn't matter what country you were from. It was a different world, the world as we would like to know it."

The much publicized personal feud between skaters Debi Thomas and Katarina Witt "was entirely media created," according to Munoz. "Kathy and Debi would be having dinner together. Olympic Village was a community of equals."

This world vision comes naturally to a man who serves as the Costa Rican commercial attache, though born and raised in San Francisco. "I have a deep love and respect for the democratic beginnings and principles of Costa Rica," he said. "I feel like it is my home culture. Our first family trip there was when I was 25. I still remember 100 people waiting for us in the airport -- they were all relatives, but it turned out they were only one-tenth of the relatives. Finally I could connect faces to the names."

After graduation Munoz and three classmates formed Group 4/Architecture, Research and Planning, Inc. As president of the firm, he specializes in marketing and project management and is particularly excited about the work they are doing for the Costa Rican government. Recently they completed the design of Tortuguero, a naturalist resort where scientists and others can study and observe green turtles in their major nesting ground.

"The government wants to sponsor research. We were able to pick the site and do our own environmental study," said Munoz. He feels that Group 4's conscientious approach is particularly valuable to small countries that cannot afford mistake in development.



Now that the Olympics are over, he will be able to spend more time on these projects, and perhaps also do some work on the 110 year old Andover Street home that he shares with his mother, Carmen. "I'm returning to my life as an architect," he smiled.

Names like Francisco Zuniga, the noted composer who was his maternal grandfather. Through stories of him and other relatives, and sharing their music and language, his parents had passed on the culture of the land they had not seen since before Munoz was born. Indeed, they were so successful in preserving their linguistic tradition that Munoz spoke only Spanish until he was six. "I had to go to speech school to learn English so I could go to kindergarten." He learned quickly and attended Paul Revere, Portola Junior High and Lowell before entering UC Berkeley.

Un poco ayuda

Consejero de inmigración vendrá el **lunes 18 de abril**, a las 7:00 p.m., al Centro de la Comunidad, 515 Cortland Avenue, para ayudar personas con preguntas a cerca de la amnestia y asilo político.

An immigration counselor will be meeting **Monday, April 18**, at 7:00 p.m. in the Bernal Heights Neighborhood Center, 515 Cortland Avenue, to answer and help people with specific questions regarding amnesty and political asylum.

ZONING PLAN

Deciding our future

by Barbara J. Dwyer

With accelerating development in Bernal Heights, Supervisor Bill Maher introduced temporary downzoning legislation to allow time for residents to decide on future housing guidelines. The measure has upset many neighbors while reassuring others.

"Some people think that downzoning is the best thing since sliced bread," says Charles Bolton, longtime Northwest Bernal organizer. "Others say it's the worst thing since Atilla the Hun." Bolton, together with some 100 people working together hillwide, sees the interim legislation as a unique opportunity for Bernalians to determine the hill's architectural future.

MEETING MOBILIZES NEIGHBORS

A February meeting with City officials, which featured discussion on zoning and building modification, packed about 250 people into the Neighborhood Center. This meeting spurred organization of nine area groups, which meet every other week to create proposed guidelines for housing.

SEARCH FOR COMMON GROUND

Neighbors, developer-residents, and new and old activists are making proposals on a series of conflicting and volatile issues (see sidebar). Final decisions are weeks away, but as usual, there's no shortage of opinions.

"I support the downzoning," declared long-time activist Margaret Randolph of Winfield Street. "Yes, my property is RH-2 (multi-family zoning), but that doesn't influence my decision." Other homeowners see their rights threatened. "Our area is more concerned about living space than view," says David DeCourtesy of the South Slope planning group. David wants to expand his Prentiss Street house and build on his adjacent lot to accommodate his growing family. "If I can't expand, I'll need to move, and working class people just don't have enough money to move elsewhere."

Buck Bagot of the Bernal Heights Community Foundation agrees. "Our goal is to preserve Bernal Heights as a community. We're not just talking about buildings, we're talking about people. We can have architectural diversity and houses that people can afford."

(continued on page 9)



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Top o' the Hill

by Barbara M. Pitschel

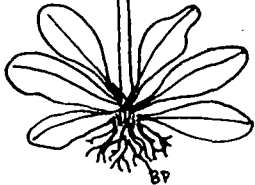
Spring is here again, bringing the opportunity to see the hilltop's spectacular display of wildflowers and native bunchgrass prairie. Among the thirty-odd native wildflower species and approximately ten California grasses are two plants that I would like to call to your special attention this month.

Shooting stars (*Dodecatheon clevelandii* subsp. *patulum*) begin to bloom in mid-February and present an impressive display through April. The rose-purple flowers are in loose umbels atop naked stems, which rise from basal rosettes of oval leaves. The flowers have an inside-out appearance similar to garden cyclamen, a close relative in the primrose family (*Primulaceae*). Tiny white, yellow, and dark purple markings serve as guides to pollinating bumblebees. Bernal Heights is the type locality for this subspecies, which means that the specimen from which the plant was originally identified in 1985 came from our hilltop! In fact, it was known (incorrectly, by the rules of precedence in plant naming) in the past as variety *bernalium*. This subspecies has only been reported in San Francisco from a couple of other places, and I have not seen it anywhere else in the city.

As you enjoy the Bernal flora, also keep an eye out for some of our resident fauna. Many birds, reptiles, insects, etc. make the hill their year-round home, but the western meadowlark is only a winter resident. These birds arrive shortly after the soil has been softened by the early rains, and they leave to breed in less exposed places when the soil begins to dry out in late spring. While they are with us they can usually be seen flocking on the ground, probably searching for insects, although possibly for seeds as well. You will probably first become aware of them when you disturb their feeding, and you will see their white outer tail feathers and yellow breasts as they fly to another part of the hill.



*Dodecatheon
clevelandii
subsp.
patulum*
shooting star



Sturnella neglecta
western meadowlark

One of the best places to see both of these species in association with many other natives is along the middle path on the west slope of the hilltop. The combination of shallow soil, steep slopes, and strong winds that define the western exposure are beneficial to native species and less suitable to weeds.

Bernal Heights
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Jobs!

5

Standard Brands Paint Company has informed the BHCF that they are expecting to open their store for business in late May of this year. This means that they will be hiring staff for the store sometime in mid to late April. The BHCF has a preferential hiring agreement with the company whereby local residents will be given preference for employment in the new store. If you are interested in working for this fine company, we have listed the kinds of positions that will be filled below and their qualifications. If you are interested in any of these positions, send a resumé or contact the BHCF at 648-0330. We will be screening and referring people to Standard Brands Paint Company.

Salespersons: Looking for well-groomed, pleasant people who will relate well to the customers. Experience is helpful but not required because Standard Brands will train.

Cashiers: Again, pleasant, well-groomed people able to relate well with customers. In this position, experience in a fast-paced retail environment is required.

Office Clerk: Assists manager with store operations, paperwork, pricing of merchandise. Experience is helpful but not required. Other requirements same as above and the company will train.

General Merchandise Clerk: Responsible for maintenance of store, and for stocking. Again, experience helpful but not required since Standard Brands will train. Other requirements same as above.

Union membership will be required after probationary period.

Remember! Contact the Bernal Heights Community Foundation for screening and referral.

Minorities and women encouraged to apply!

A Public Advocate or a Corporate Lobbyist?



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Roberta!
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To fill Art Agnos' shoes, we need the best! We need Roberta's energy and integrity.

Roberta is proud of the support given her by Sheriff Michael Hennessey and hundreds of Bernal residents, the San Francisco Tenants' Union, SEIU Local 535 S.F. Chapter, the National Organization for Women PAC, BART Director Arlo Smith, Jr., Supervisors Richard Hongisto and Harry Britt, and San Francisco Tomorrow, the City's oldest urban environmental group.

(Partial list)

*Paid for by Achtenberg for Assembly
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BERNAL YOUTH



photo by Audrey Washington

Participants gather to start MVP teen group in Alemany Public Housing Project.

ALEMANY MVPS (continued from page 3)

living conditions, and were especially interested in addressing the needs of youth. Powell and Bagot—both long-time community activists—teamed up with the residents to get something going, with an initial focus on Alemany.

Other key people involved include Jerome Mitchell and Betty Hoskins of Alemany, Fred Allingham, Executive Director of the BHCF, and the BHCF Board of Directors. SKY director Amy Love and SKY members Alex Torres and Monica Portillo—along with SKY graduate Monique Togonon—were instrumental in the planning session attended by thirty people on March 5.

A BRIGHT FUTURE

St. Kevin's Church has agreed to join with the BHCF to raise funds to hire an organizer to work with residents to continue to build community organization. As interest develops, the project will work to organize other teen groups on the hill, possibly setting up a hillwide "teen council", a network of teen block clubs.

Starting April 11, Alemany MVP will be holding teen drop-in nights every Monday from 7 to 9 p.m. at the Alemany community room. There will be refreshments, games, and help with homework.

Teenagers, drop by and socialize!



Filipino Dance Class

Bay Area dancer/choreographer Alleluia Panis teaches Filipino and Contemporary Dance to children grade 1 and up, and to adults. Call Sister Janet at 648-5751 for information, or come to St. Kevin's Ellsworth Hall on Tuesday night: children from 4:00 to 5:30, adults from 7:00 to 8:30 pm.

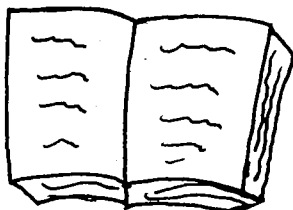
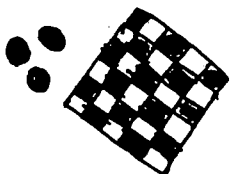
Wild about Oscar

by Don Gobble

The evening of Monday, April 11, we will finally get to see which actors will walk away with Hollywood's favorite star, Oscar.

This year's race for Best Actress is truly one of the most competitive in years. Cher of "Moonstruck" is the favorite to win with Holly Hunter of "Broadcast News" close behind. Glenn Close of "Fatal Attraction" won Best Actress a couple of weeks ago at the People's Choice Awards. Sally Kirkland of "Anna" won Best Actress at the Golden Globe Awards two months ago. And Meryl Streep has won two Oscars in the past so there is really no chance of her winning this year for her wonderful portrayal in "Ironweed". There were three actresses ignored this year that were so good they have to be mentioned. Barbara Streisand "Nuts", JoAnne Woodward "The Glass Menagerie", and Bette Davis "The Whales of August".

Michael Douglas "Wall Street" has the award for Best Actor hands down. He won at the People's Choice Awards and at the Golden Globe Awards. His competition includes Jack Nicholson "Ironweed", William Hurt "Broadcast News", Robin Williams "Good Morning Vietnam" and Marcello Mastroianni "Dark Eyes". This will be Douglas' first Oscar for Best Actor. He won as Best Producer for "One Flew Over the Cuckoos Nest" in 1975.



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FOCUS

Is There Any Hope For MISY ?

By Monifa Quarels

The Mayor's In School Youth Program (MISY) was cut from the city's budget while Mayor Feinstein was in office because of the high deficit. MISY provided jobs to over 500 low income and minority youth for 10 hours a week during the school year (see *New Bernal Journal* October 1987).

There was a meeting held March 9 at Horace Mann Middle School that lasted about three and a half hours. Mayor Agnos listened to the kids of the city, which is what he had promised to do in his campaign. This is the first I've heard of a politician keeping his promise. He listened to everyone who called out for his help in terms of youth activities in San Francisco such as day care, youth jobs, teen shelters, etc. Agnos stated that he did not want to leave the meeting until he heard everyone.

MISY Program workers—including myself, a former MISY worker at the Bernal Center—spoke to Agnos concerning the MISY Program being cut and how much we miss it and need it back.

We all hope that Mayor Agnos includes the MISY Program in the next fiscal year's budget. It would help not only jobless youth but the parents of the youth and the non-profit organizations that can't afford to pay youth help.

We can't work at McDonald's all our life and we need more challenging experience to help us in the future.

If you want the Mayor to know how you feel write him at City Hall, S.F. CA 94102 or call his office at 558-6161. Tell him how you feel about the MISY Program!

Congress Poster Contest Winners

Congratulations!

...and thanks to all our entrants!

Grand Prize Winner: **Melissa Laureta**, St. Anthony's School, 5th grade

1st grade winner: (Tie) **Stella Adelman** and **Abigail Holman**, Hamlin School

2nd grade winner: **Jason Yoki**, Junipero Serra School

3rd grade winner: **Sonia Arnold**, Junipero Serra School

4th grade winner: **Artemio Armenta**, Paul Revere School

5th grade winner: (tie) **Abel Kenny Guzman, Jr.**, Leonard R. Flynn School, and **Kirstle Morandell**, Katherine Delmar Burkes School

Judged on March 23, 1988 by Vicki Victoria, Amy Trachtenberg, and Cathy Bremer



Notorious

by Monique Togonon

Last night I rented "Notorious," the classic Hitchcock movie starring Ingrid Bergman and Cary Grant.

The first thing that got me about this movie was Ingrid Bergman's clothes—really hot. The second thing was Cary Grant. My mother always told me that he was such a handsome man, but all I ever saw was this greying old man. Well, Mom was right. He was a fox back then.

But the movie's not just show; I think a lot of people would like it. Bergman plays Alicia, the daughter of a Nazi, convicted of treason against the United States in the opening scene. She appears to be a cold woman who has gone through too many men and too much booze, but deep down inside she's been hurt by society and betrayed by her father.

Alicia falls in love with Devlin (Grant) who recruits her to spy for the Americans. He is a straight, stubborn, proud dude, who does everything by the book. He loves her but cannot put aside his pride long enough to tell her how he feels.

Alicia is asked to spy on Alex, one of her old admirers. (By the way, he's a wimpy dog compared to Cary Grant.) She agrees to do the job, thinking that this all that Devlin has wanted all along. Devlin is angry because she has failed the "if you love me you wouldn't do it" test. While this is going on, I'm shouting at the TV, "Tell her you love her; be honest."

When Alex proposes, Alicia asks Devlin and the other American agents for approval. Only Devlin thinks this would be less than perfect. Alicia, now married, continues to make weekly reports to Devlin. You can see the passion shooting from their eyes every time they meet.

Her spying puts her more and more at risk, with unbroken tension for the last third of the movie. It got so I couldn't take it any more; I had to ask my companion if it was going to turn out all right.

I don't think I'll be spoiling it for you to tell you that it did. In fact, I think you need to know that so that you can relax and enjoy the movie.

I highly recommend it!

New Programs at the Center

After-school program: The BHCF will conduct an after-school program, for an affordable fee, during May and June from 2:15 to 6:00 p.m. for children in grades 1 through 8. For information, call 648-0330. Limited enrollment.

Summer School Pre-school: The BHCF will begin an 8-week summer school for children ages 4 and 5 entering kindergarten in September. Morning and afternoon sessions. June 20 to August 12. Fees: sliding scale. Limited enrollment.

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BERNAL LIBRARY EVENTS

April is Teddy Bear Month at Bernal Branch with lots of special events for children and families!

Families will also enjoy the Festival of Classic Comedy Films featuring Chaplin, Laurel and Hardy, W.C. Fields and Buster Keaton. Films will be shown throughout the month of April on Wednesday evenings and Saturday afternoons beginning April 13.

In May we will be celebrating Cinco de Mayo with storytelling, crafts and fun for kids. Also in May we'll rejoice with the arrival of our branch VCR with video showings of feature films on Friday and Saturday afternoons beginning May 6.

The Bernal Branch will move into the 20th century this year (better late than never!) when we begin circulating books using the computer. Our faithful users will appreciate the fact that they will no longer have to fill out those horrible checkout slips! The change should happen in May—so we are told. In any case, you'll know when it happens by the balloons, champagne and general elation of our long-suffering staff and patrons.

Stop by the Library for flyers listing specific events and dates!

The Bernal Heights Branch

500 Cortland Ave.

Tuesday 10 a.m. - 6 p.m.

Wednesday 1 p.m. - 9 p.m.

Thursday 1 p.m. - 6 p.m.

Friday 1 p.m. - 6 p.m.

Saturday 1 p.m. - 6 p.m.

Bernal Playground and Gym
Moultrie and Jarboe Streets.
285-6252

SPRING PROGRAMS

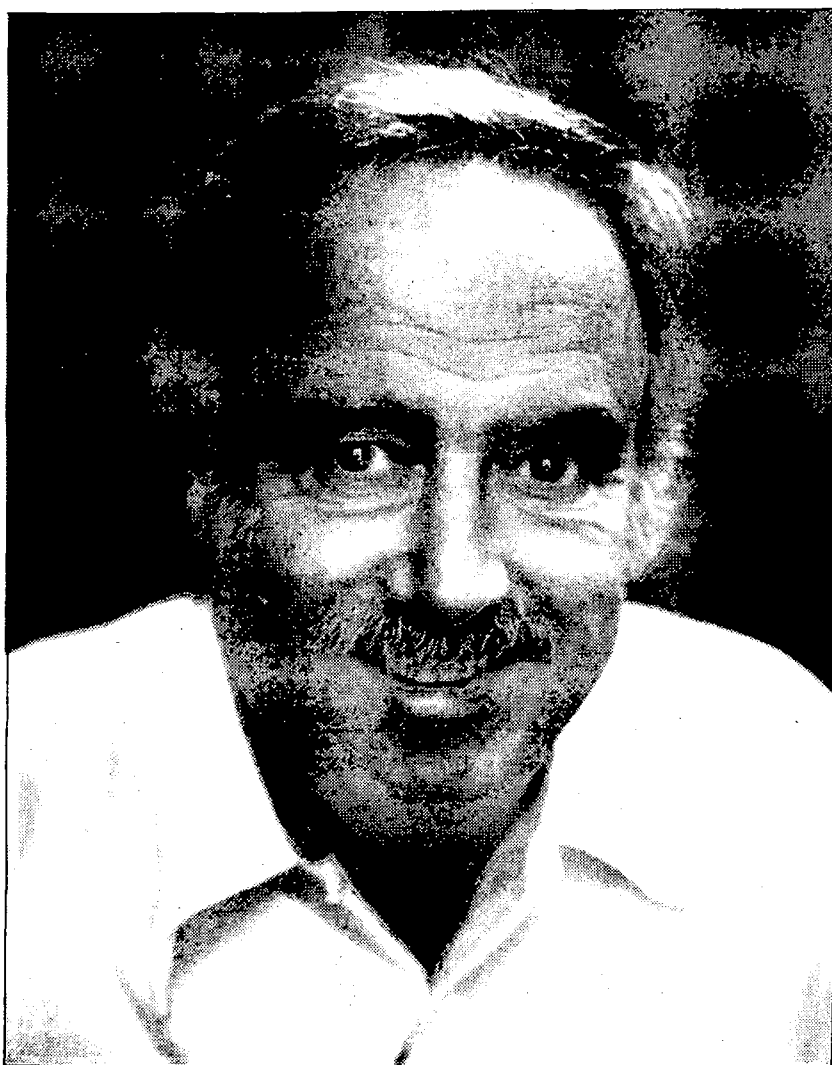
After School Tumbling	7-12 yrs.
After School Storytelling	6-12 yrs.
After School Spelling Contest	8-12 yrs.
Baseball Teams	8-14 yrs.
Teen Dance Class	12-16 yrs.
Teen Cooking Class	12-16 yrs.

Hunch Basketball & Weight Training Daily

30 and Over Basketball Starts March 22
(call for time)

Senior Citizen Club Every Thursday

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The Elsie Street Plan, which limits heights and space, but does not prohibit multi-family use, enjoys support among Northwest Slope planning group members. "Construction and remodeling should be limited to two stories above a garage," says Sheldon Suskauer, who is remodeling his Bonview Avenue home according to Elsie Street and Maher's guidelines. "It looks like the Elsie Street Plan may replace downzoning," comments Eric Zigas. Eric, together with Dan McCullar, Linda Aurichio, and Steve Massey, reviewed the plan and proposed some modifications.

East Slope activists feel that "we need to look at real houses, not concepts." Joel Pathman is creating a map that targets specific houses and identifies their height. "People can go out and see the houses, then decide what works and what doesn't."

Holly Park neighbors had a small initial meeting, according to leader Carol Snow. "We'll be distributing a flyer and brief questionnaire to determine people's preferences."

For more information call:
Charles Bolton 647-8861
Barbara Dwyer 821-2878
Amy Love 420-9860

MAJOR ZONING AND BUILDING ISSUES

- ☐ Downzoning the entire hill to RH-1 (single-family dwellings). What, if any, areas should be zoned for two- and three-unit buildings?
- ☐ Building controls (height, bulk, lot coverage, off-street parking, and compatibility with pre-existing structures).
- ☐ Remodeling: Should remodels be subject to the same restrictions and guidelines as new construction? Do owner-occupier remodelers merit any special consideration?
- ☐ Demolition controls.
- ☐ "In-law" units: Illegal but affordable housing.
- ☐ Building on improved lots: Is it appropriate to build on streets that have inadequate pavement, sewage, and water?
- ☐ Parking: Do we want residential parking stickers? Tandem parking in new building garages (now illegal)?
- ☐ Neighborhood Building Review Boards: Review area boundaries, type of buildings reviewed, need for additional boards?
- ☐ Affordable housing for renters and homeowners.
- ☐ Building procedures: Need for adequate notification, open discussion.



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By Sally McMullen, Certified Acupuncturist

Can acupuncture treat high blood pressure?

Yes. Acupuncture is definitely effective in treating primary hypertension.

Is there a difference between the way that Western and Eastern medicine approach the treatment of high blood pressure?

Yes, definitely. In Chinese medicine there are five distinct patterns that correspond to what is called hypertension in Western medicine. The common symptoms for each of these patterns are:

1. Headache, irritability, dry mouth, constipation, flushed face, and red eyes. We call this pattern "Liver Fire Rising."
2. Dizziness, blurred vision, ear-ringing, insomnia, excessive dreaming, and a numb sensation in the limbs. This pattern is called "Yin deficiency and Yang excess."
3. Congested feeling in the chest, palpitations, dizziness, nausea, and a heavy feeling in the limbs with clumsy movement. We call this pattern "Obstruction of Phlegm and Dampness."
4. Severe headache and dizziness, fainting, and stroke. This pattern is called "Internal movement of Liver Wind."
5. Dizziness, shortness of breath, ear-ringing, mental fatigue, numbness of limbs, legs feel weak, frequent urination, and possibly impotence. This pattern is called "Deficiency of Yin and Yang."

Some of the terms you have used are unfamiliar to me, like "Yin," "Yang," "Internal Liver Wind," and "Liver Fire." In Chinese philosophy, everything comes down to the understanding of Yin and Yang. In medicine, "Yin" refers to the blood and fluids. "Yang" refers to energy, warmth, and movement. If you take an automobile as an analogy, the engine would be the Yang - the mover. The radiator would be the Yin - the fluids. If there isn't enough fluid in the radiator the engine overheats. It is the same with the body. People with a Yin deficiency overheat periodically; they get flushed easily, sweat during the night, etc. People with a Yang deficiency need an engine overhaul; they are always tired and cold. "Liver Wind" and "Liver Fire" are too difficult to explain in this short space. But if you are interested you can call my office, 550-7732, for more information.

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Little Green Thumbs

by Sharin Pollak

In the area of Bernal Heights where Coleridge Street meets the Fair Avenue Stairs, Neighborhood children and adult friends and parents are transforming an abandoned weed patch and dog run into a community street museum and children's garden. Plans for this spring and summer include a workshop series, specifically tailored for kids, on community gardening and neighborhood transformation.

It all began 2 1/2 years ago with three children, one adult, a few packages of seeds and a very informal style of neighborhood garden development. Over time, the garden has grown and evolved into a focus of activity for dozens of neighborhood children. In this past year, the big project has been construction of a fence and sturdier terraced garden beds. Much of the construction, along with a colorful children's fence-weaving fiesta, has been captured in photos and on video tape. So far, all the activity has been neighborhood based, all the labor volunteer, all the materials donated or found and recycled, and all the harvests shared by the neighborhood.

This spring marks a new beginning for the garden. Plans include expanding the children's gardening activities to include the larger Bernal Heights community, as well as creating a more organized "co-operative" Saturday workshop series for children. This workshop series will consist of bi-weekly hands-on sessions in all aspects of the gardening cycle; from double-digging the soil, to planting seedlings, to nurturing and then harvesting the vegetables, to composing and creating anew. The fundamental and underlying theme will be to honor the natural environment within this uniquely urban context.

If you are interested in becoming involved with this garden and any of its activities or programs, please contact Sharin Pollak at 826-7336.



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Help your neighbors!

A volunteer is needed to deliver surplus food commodities to homebound senior citizens. This requires a car and only about two hours of time per month. The payoff is lots of gracious thanks from people who otherwise could not get this food. This is an excellent opportunity for a volunteer in the SHARE program to fulfill their volunteer time. For more information please call Fred Allingham at the Community Center at 648-0330.

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Paul Revere School receives garden grant

Paul Revere School recently received a grant from the National Gardening Association for seeds, tools and plants. These materials will be used by Paul Revere teachers and students in their plots at the Ogden Street Community Garden.

"20 Years Later..."

by R.J. Dutra

Twenty years ago, neighborhood residents formulated an open space blueprint for Bernal Heights to include preservation of the top-of-the-hill and the development of radiating "stepwalks." Staff persons from City Planning assisted, but as with the later Elsie Street and East Slope studies, residents provided most of the effort. Today that neighborhood participation continues with the Bernal Heights Open Space Committee.

The twenty-acre top-of-the-hill became a park in 1973. Nine additional lots were purchased through the city's Open Space Acquisition Fund in 1986. These nine lots at Bonview and Stoneman Streets were added to the park, although four lots on Bonview remain in private hands. Bernal Heights Blvd. has been partially closed to add more park space. A recently completed path encircles the park, but there are still no signs identifying it as a park and pedestrian safety improvements remain to be done.

The "stepwalks" were to take advantage of the many sections of unpaved roadways that feed into the top-of-the-hill: Esmeralda, Mayflower, Powhattan, Franconia, Joy, Rutledge, Bocana. These and others all had the potential for stairs, paths, clearing and planting. Today much has been accomplished: the Esmeralda corridor descends to half a block from Mission Street; sections of Joy, Rutledge and Franconia have been beautified by nearby residents; community gardens have been established at Folsom, Brewster and Prospect Streets; an effort is being made to open and improve the Mayflower corridor.

In these twenty years dozens of residents have quietly cleared, cleaned, cultivated, and cared for sections of unimproved and often neglected public land on their own initiative. Too many to name, some moved away or passed away. Congratulations to all of you and thanks from all of us who enjoy the benefits of your labor this spring!

EATING DISORDERS SUPPORT GROUP

Marshall Hale Memorial Hospital sponsors a free ongoing Eating Disorders Support Group for individuals, families, and friends of people with problems of anorexia nervosa, bulimia, and compulsive overeating. Anyone affected by these problems, personally or indirectly, can benefit from support and education.

Led by the professional staff of the Eating Disorders Program at Marshall Hale, this group offers a supportive environment to share concerns and experiences, as well as education about these eating disorders.

The meetings are held on the first and third Thursday of each month, from 7:00 to 8:30 p.m., in Conference Room A of the Hospital. For more information, please call (415) 666-7856.

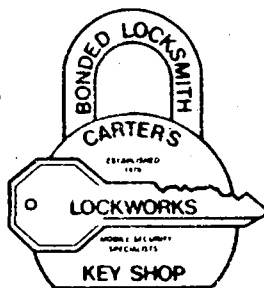
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THE BERNAL HEIGHTS SENIOR PROGRAM:

We're Going Places!

The Bernal Heights Senior Program now takes senior citizens on van outings every week. These outings are designed and planned to provide educational as well as recreational trips for our seniors. We try to find events and places that admit senior citizens free or at little cost. And thanks to the St. Kevin's van, seniors can be comfortably transported without the hassle and difficulty of having to use the public buses. A few of the upcoming outings are:

Tuesday, April 12, 11 am-3 pm: Fort Mason Picnic and Galleries... Bring your bag lunch for a picnic at beautiful Fort Mason. We'll tour the Mexican-American Museum and view a special art show by senior citizens.

Wednesday, April 20, 12:30 pm-2:30 pm: Movie: "Baby Boom", Stonestown... Imperial Savings has given us free tickets to see this new movie starring Diane Keaton.

Thursday, April 28, 10:00 am-3:00 pm: Golden Gate Ferry Boat to Larkspur... Ride the ferry for only a dime! Bring your bag lunch and stroll around the shopping malls. Sign up now! This is a popular outing.

The Bernal Heights Senior Program is run by the Bernal Heights Community Foundation. All senior citizens are invited to join us. Sign up for the Van Outings at the Senior Program located in the Bernal Heights Neighborhood Center at 515 Cortland Avenue (between Moultrie and Andover streets), or call at 648-0330. The Bernal Heights Seniors also invites new members to join us for activities Monday through Friday from 9:00 a.m. to 3:00 p.m. Lunch is served daily at 12:00 noon for a \$1.25 donation. For further questions, please call us at 648-0330.

Special SHARE hours

On Saturday April 23, SHARE will hold special distribution hours—2 to 3 p.m.—for neighbors attending the Community Congress that day. This is *in addition to* the regular distribution hours from 10 a.m. till noon.

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Open up your eyes and ears. Smell, touch, and taste the world!

The month of Taurus is the most sensual time of the year. The five physical senses are our signals that we live on the earth plane, and between April 19th and May 20th, it is time to get earthy.

Every year when new Spring growth starts to take root down into the good rich soil, we re-forge our ties with Terra Firma. We are given the chance to remember that we are animals, for all our mental machinations, for all our sense of species-superiority. Like the cow calmly chewing in the meadow, warm sun on her back, we thank Mother Earth for her bounty and sit back and bask in it.

Unlike smaller, quicker animals, the bull is slow and bulky, moving heavily and steadily through distractions to get to his destination. You know that your Taurus loved ones cannot be easily dissuaded from a course of action once they have decided upon it. The fixity of this sign is its strength: consistent and solid, Taureans do not give up once their momentum has been established. They may have even forgotten why they started in the first place, but they'll keep going nevertheless.

In relationships, Taurus is big on fidelity. Especially where a person has Venus or the moon in Taurus, predictability is a major romantic criterion. These people like stability, and monogamy is their natural way. Barring extenuating circumstances in the horoscope (such as a strong Uranus or Gemini planets), Taurus is too fond of security to welcome change. That is why the sign is associated with long, loyal friendships and with financial solvency.

Ruled by Venus, the planet of love, people with a lot of Taurus in their charts are sweet with people, expressing their affection physically—lots of hugging—or materially through gift-giving. Taurus truly appreciates beauty and worth in physical objects, not in an abstract way. This makes gift-giving (or even loaning) a highly-charged activity, for your Taurus friend feels she is giving you a piece of herself when she presents you with a valued object. And she is a fully appreciative recipient in kind.

You may find that every year during these four weeks your own style of relating grows more physical and basic, in contrast to the more complicated psychological style of relating, for example, that is exercised during solar Scorpio (late October through November).

All this emphasis on physical resources can, in the undeveloped Taurus, appear as crass materialism. A Taurus could use her keen assessor's instinct to hoard possessions and obsess about money, or she could elevate it to an art the way creative business people do. Ultimately, this ability to perceive material beauty manifests aesthetically, as an eye for form, for composition, for color and texture. The Taurus retailer knows not only what clothing will sell, but what it is about the fabric and cut that makes it attractive. The Taurus gourmet can distinguish with his taste buds subtleties that go unnoticed by those who take the pleasures of the flesh for granted.

Every spring Taurus gives us all a primal revelation about the world we live in: that it provides comforts to the body and elegance to the eye native to the physical state. No symbolic extrapolation is necessary to explain the beauty of the scent of lilac. It is because it is. And with this simple awareness Taurus, seemingly the least spiritual of signs, adds matter to the ranks of the divine.



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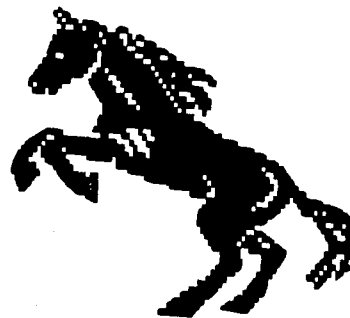


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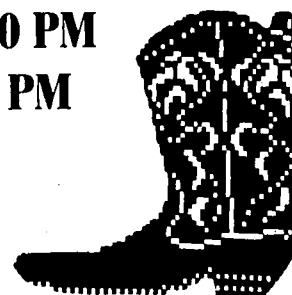


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